

FOLLOWING YOUR PLAN

Tips to navigate your Metabolic Balance Plan



Jodie Studley

Naturopath

Welcome!



I'm so glad you have decided to come on the Metabolic Balance journey with me!

I'm Jodie Studley and I help busy people decrease their weight and increase energy.

As I've worked with my clients over the years, I have clearly seen that when we address our nutrition and lifestyle to support our metabolism that other symptoms such as hormonal balance, digestive issues, stress, tiredness, thyroid disorders, blood sugar problems, and many other conditions are also brought into balance.

I chose to become a Metabolic Balance Practitioner a number of years ago because I knew the importance of using 'Food As Medicine'.

It is the most sustainable and important aspect of health that we can all do each day to support and love ourselves.

I have used Metabolic Balance on myself with great results too. I love this program. I know it works, and I know that once you have completed the journey, you will have the skills to live healthy for the rest of your life.

I am a qualified Naturopath, Metabolic Balance Practitioner, Health Coach, and Clinical Hypnotherapist, registered with the Complementary Medicine Association.

I look forward to sharing this journey with you.

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Jodie Studley Naturopath

Equipment suggestions:

- Invest in a set of flatbed electronic kitchen scales. These make weighing your food easy.
- A good non-stick pan is very useful especially in the strict phase 2 when no oils or fats can be used.
- A stainless steel or glass water bottle is ideal for your water. Avoid any plastic bottles even if they say BPA-free. Plastic, in general, should be avoided for storing food and drink.
- Think about ways you can make room for food preparation and storage. Glass containers. Freezer containers. Having food portions in the freezer allows for bulk purchasing of meats and for meals that are ready on hand for those times you really can't cook.
- Pull out some of those reusable glass jars. Great to store your homemade condiments and preprepared meals.
- Consider using a benchtop oven that has a sealed section for cooking. This can be a great way to cook protein and vegetables easily, cleanly, and tastily.
- In phase 2, when no oil can be used, food can be a little on the dry side. By cooking in a sealed unit such as a benchtop oven the protein is kept moist and delicious. They can also often be more efficient than using a large oven for cooking and hence reduce your electricity bills.
- If you have a Thermomix, consider using the Varoma for cooking your protein – this method of cooking can be a great way of preventing it from drying out.

Little changes to begin implementing now:

- Monitor your water intake. Aim for about 2.5 litres each day
- Cut out the snacking and focus on eating 3 meals per day.
- Eat an apple a day
- begin each meal with 2 bites of protein

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Phase 1: Checklist

This phase last for 2 days.

We use these two days to reset and cleanse your digestive system in preparation for you to begin Phase 2 of your Metabolic Balance Plan.



Choose your food option

- 1/2 regular breakfast portion
 & vegetable soup/steamed vegetables/salad and an apple for lunch
 & steamed vegetables for dinner
- Up to 1.5kg of vegetables split into 3 meals each day.
- Up to 1.5kg of Potato split into 3 meals each day
- Up to 1.5kg Rice split into 3 meals each day



Take your Bowel Cleanse

- The evening prior to starting Phase 1 take your first dose of cleanse product
- On day 1, first thing in the morning, take a second dose.
- If no bowel movement has happened then take a third dose around lunch time.



Rest Up

- Take these 2 days to take it easy and rest. You may notice you feel more tired than normal or experience headaches, digestive changes or other symptoms.
- Make sure you drink plenty of water. Aim to hit your water target or even slightly more each day.



Make A Plan

- Plan out what your meals for the week 1 will look like.
- Use your App, or simply write it down on paper.
- Planning ahead will make the process so much easier and will avoid feeling overwhelmed

Phase 1: Vegetables Soup

Although you can have any vegetables you would like, here's a tip for a tasty veggie soup you might like to use. This recipe uses approx 1kg of veggies, so adjust accordingly for the number of meals you are making.

INGREDIENTS:

4 cups of a combination of your choice of pumpkin/carrot/squash
1 large onion (roughly chopped)
2 cloves garlic (crushed)
4 cups zucchini or mushrooms (roughly chopped)
4 handfuls spinach leaves (generous, large handfuls)
2 tablespoons rosemary or parsley leaves
Celtic sea salt or Himalayan pink salt and ground pepper for flavouring
1 litre water
chives (optional - to finish)



How To Make:

1. Add the onion and garlic to a large, deep saucepan over gentle medium heat for about 5 minutes. Do not use any extra added oil.
2. Once the onion and garlic are soft and slightly brown, add your choice of vegetables to the pan with the rosemary and/or parsley leaves. It's fine to use a combination of herbs if you'd prefer.
3. Season with salt and pepper. Add about 500ml of water at this stage, turn the heat down so the mixture simmers, and leave for 15 minutes.
4. Add the chopped zucchini or mushrooms to the pan, stir well, add another 250ml of water and return to a simmer for a further 15 minutes until your zucchini are also cooked through.
5. Add the spinach and allow it to wilt for about 2 mins, gently stir into the soup. You may need to add slightly more water.
6. You can either enjoy it as it is or if you prefer a smooth soup, allow it to cool for 5 minutes and then transfer it carefully to a food processor. You could also use a stick blender to blend to your desired consistency.
7. Adjust seasoning to taste with salt and pepper

Enjoy

Phase 2: Checklist

The first 14 days of this phase is following only the foods on your personalised plan,

Using no fats or oils. These are introduced after 14 days.



Organise Your Kitchen

- Invest in a set of flatbed scales, they are your best friend in the beginning
- Remove all foods that aren't on your plan from your kitchen
- Invest in some glass containers to prep meals. Plastic is not ideal to keep foods in due to the effects on hormones, so if possible use glass



Use Your Scales

- Stick to the weights on your plan
- Pre weigh out your protein portions. This allows for quick meal prepping
- Remember - nothing over, nothing under. Just like goldilocks the weights need to be just right.



Plan Ahead

- Take care with yourself and find ways to nourish your soul.
- If you are finding it difficult, use affirmations and positive language to change your mindset. Remember you are choosing to do this to help you meet your goals
- Write a list of activities you enjoy that don't involve food
- Check in with your surroundings - are you surrounding yourself with supportive people and situations?
- No heavy exercise for the first 14 days. Gentle stretching or walking/movement is ok



Nourish Your Soul

- Plan out what your meals for week 1 will look like.
- Use your App, or simply write it down on paper. Planning ahead will make the process so much easier and will avoid feeling overwhelmed

The 8 Rules!

The 8 rules of the Metabolic Balance® program are the underlying pinnacle to the success of the program. Once you get used to implementing these, they will become second nature to you.



Eat exactly 3 meals
per day



Ensure there is a 5
hour break
between meals



Make sure each
meal lasts no
longer than 60
minutes



Begin every meal
with one or two
bites of the
protein portion



Be sure to have
only one kind of
protein at each
meal



Do not eat
anything after
9pm



Drink your water
allocation



Eat 1 apple per
day

Your Plan

READING OVER IT

When starting your plan, you may feel a sense of worry or anxiety as you look over your list that may not include foods you regularly eat. Remember it's important to view your plan as the foods that will truly nourish your body. Focus on what you can have, not what is missing. There may be foods on your food list that you haven't tried before. I encourage you to try new foods and even preparing foods you have had before in different ways. See this as a time to explore and adventure

USE YOUR COACH

I am here to help you through the process and talk over any concerns you may have, so make sure you keep a list of questions and bring them to your appointments.

EXERCISE

In the first 14 days of the plan, it is recommended that you only do very light exercise while your body is readjusting. After 14 days you can start to exercise again - maybe it's time to try out something new to get your body moving?

INTERPRETING

The Menu Plan will show your 3 breakfast options, 3 lunch options and 3 dinner options. From here you plan out what you will eat. There are a few tips to help you through this process as you take the time to adjust to the new way of eating. Don't get overwhelmed, just take it step by step and keep it simple to begin with.



Plan Tips

LUNCH/DINNER EXCHANGE

Your lunch and dinner options are interchangeable - If having a lunch option at dinner time add 10g to your protein and vegetable amounts. e.g. if your allocation is 100g protein and 100g vegetables it would become 110g protein and 110g vegetables

PULSES

Pulse weight is dry weight - if you are using cooked/canned, you double this weight. Rinse your pulses well and look for any additives to avoid in the can.

SEAFOOD OPTIONS

Seafood and fish are interchangeable for the same weights, but are different protein groups, meaning you can have a seafood meal and a fish meal on the same day.

MUSHROOMS (PROTEIN)

If you have a mushroom protein meal, the mushroom weight is fresh weight. If you can't find fresh and are using dried mushrooms (such as shiitake) soak them in water to rehydrate them (15 minutes should be enough) then weigh them.

FRUITS

Remember 1 serve of your fruit must be your apple each day, however if you have more than 1 fruit option, you then choose off your fruit list. From these options, you do not have the same fruit more than once per day. You can use fresh and frozen fruit, but no canned/tinned fruits.

HERBS AND SPICES

Herbs and spices are able to be used freely to help give flavour to your food. This includes salt and pepper, garlic, chilli and ginger, so come up with some delicious flavours!

MEAL OPTIONS

I often get asked if you have to eat every single meal option that is on your plan. The answer is no you don't however it's ideal to have a wide variety of the options and foods so that you are getting a good nutritional variance in your diet.

BREAD OPTIONS

If you have bread on your plan, you can view it as an added extra. You don't have to have bread at the meal, only if you feel you would like it.

GLUTEN FREE

If you have had rye bread come up on your plan, but you are gluten-free for whatever reason. please talk to me about possibly changing to a gluten-free option of this.





Common Plan Foods

Dairy



Sheep Yoghurt



Goat Yoghurt/Chevre/Milk

Rye Bread/Crispbread





Suppliers

of Common Foods On Plans

Coles/Woolworths/IGA/Farmer Jacks/ Aldi/Spudshed

- Goat Milk Yoghurt
- Sheep Milk Yoghurt
- Goats Chevre
- Goats Fetta
- Sheeps Fetta
- Buffalo Mozzarella
- Mozzarella
- Rye bread/ Ryvita
- Dried mushrooms
- Frozen Mango & Berries
- Frozen Fish
- Ghee
- Coconut Oil

European Foods (Osborne Park)

- Morel mushrooms
- White asparagus

Healthfood Stores Common Foods

- Melrose Flaxseed Oil
- Coconut Oil
- Ghee
- Flaxseed Oil (Purity and Macro Organic)
- Shiitake mushrooms (dried)
- Ceres Sugar Free Gherkins
- Sauerkraut
- Spouted Pulses
- Mt Zero Lentils and Chick Peas



Frequently Asked Questions

Can I add flavour to my water?

No, just plain filtered water throughout Phase 2.

I'm feeling full, do I need to eat everything?

Your protein and vegetable/salad portion of your meal is to be eaten in its entirety, as well as your daily apple. This is to ensure your body receives enough nutrients to function at its best. If you have extra fruit and/or a bread portion, these are optional, and the first things to remove if you are feeling too full.

Can I use lemon/lime juice on my salad or fish?

If you have lemon/lime on your plan you are welcome to use it on fish or a salad. Just remember that this counts towards your vegetable intake for that meal. If you don't have lemon on your plan, you are able to use the zest for flavouring dishes.

Can I eat more than 1 type of fruit in a meal?

No, only 1 kind of fruit per meal and no more than 1 serve of each fruit throughout the day

Can I have only salad or vegetable in a meal?

No, these two lists on your plan are interchangeable so you may use them as you wish as long as you stick to your weight for the meal

Pulses - I want to use canned, how do I do that?

Easy! Just double your allocation weight for that meal, e.g. if your allocation is 70g, you would use 140g instead. Be sure to drain and rinse them beforehand. They are great for soups and delicious buddha bowl type salads

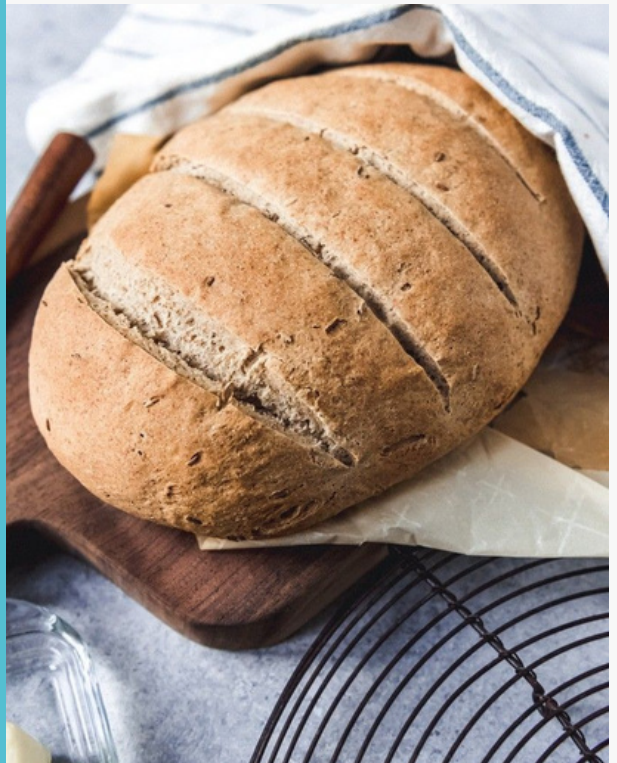
My Bowels aren't moving each day, what do I do?

Firstly, it's important to make sure your bowels move each day to ensure elimination of waste products as your body weight adjusts. If you aren't please let me know, but ensure you are drinking all of your water each day, chew your food thoroughly, and going for a short walk after a meal may help.

Sourdough Rye Bread

INGREDIENTS:

- 400 g (14 oz) wholemeal rye grain, divided use
- About 2 tablespoons inoculated sourdough (you can get this in a health food store; you can also make it yourself, though it would take about 5 days)
- 15 g (0.5 oz) sea salt
- 1 teaspoon agave syrup (optional)
- 500 ml (17 fl oz) lukewarm water, divided use
- Pinch coriander
- Pinch cumin
- 400 g (14 oz) rye flour, divided use



How To Make

1. Mix 300g whole rye grain with 2 tablespoons inoculated sourdough, some salt, 1 teaspoon agave syrup, and 300 ml lukewarm water. Leave to rest for about 5 hours.
2. Add the remaining 100g wholemeal rye grain, and then add about 150 ml lukewarm water and salt. Season to taste with the coriander and cumin. Stir well. Leave to rest for about 15 hours, preferably overnight.
3. Remove 2 tablespoons of sourdough and place in a large screw-top jar (like a pickle jar). Put jar in the fridge (lasts about 12 days).
4. Add 300 g rye flour. If necessary, add 50 to 100ml lukewarm water and some salt. Leave to rest for about 5 hours.
5. Place flour for kneading in advance because you won't be able to touch anything once your fingers are sticky. You may need to use a knife repeatedly to scrape the sticky dough off your fingers. Now form the bread: Use the remaining 100g rye flour (maybe a bit more) and gradually knead the bread so that it can form into a nice loaf. This takes a long time, since the dough is very sticky on the fingers. Then put the finished loaf in a well-floured dough-rising basket or bowl, and once more leave it to rest for at least 2 hours.
6. Afterwards, put the loaf on baking paper. Brush with water. Preheat oven to 250° C and at the same time put in the baking tray, placing a container filled with water at the bottom. Firmly slide the loaf on the baking paper onto the baking pan. Reduce heat to about 200° C and let the bread bake for about 75 minutes. Test with a toothpick to see if the bread is done. Leave in the oven for another 15 minutes. Both baking temperature and time depend on the oven and therefore take some experience. For 1 loaf of bread 1kg or 2 x 500g

Artichoke Dip

INGREDIENTS: Makes 6 serves

- 6 portions of your cream cheese weight
- 300g artichoke hearts
- 1/4 teaspoon lemon zest
- 1 teaspoon fresh basil, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper



How To Make

1. Place all ingredients into a blender and process for 1-2 minutes until combined well
2. Serve with veggie sticks from your list (carrot, celery, capsicum, etc)
3. Serve on top of your bread or crispbread

Carrot and Chicken Breakfast Muffins

INGREDIENTS: Makes 13 serves

For the Chicken:

- 2 medium chicken breasts (300g)
5 cloves of garlic 1 teaspoon salt 1 celery stick, diced roughly 1 bay leaf (optional)

For the Muffins:

- 350 g carrots or squash (peeled and grated) 1 teaspoon cinnamon 1 teaspoon salt 1 tablespoon olive oil (oil only allowed after 14 days) 2 spring onions, finely chopped Olive oil and muffin or cupcake cases/wrappers



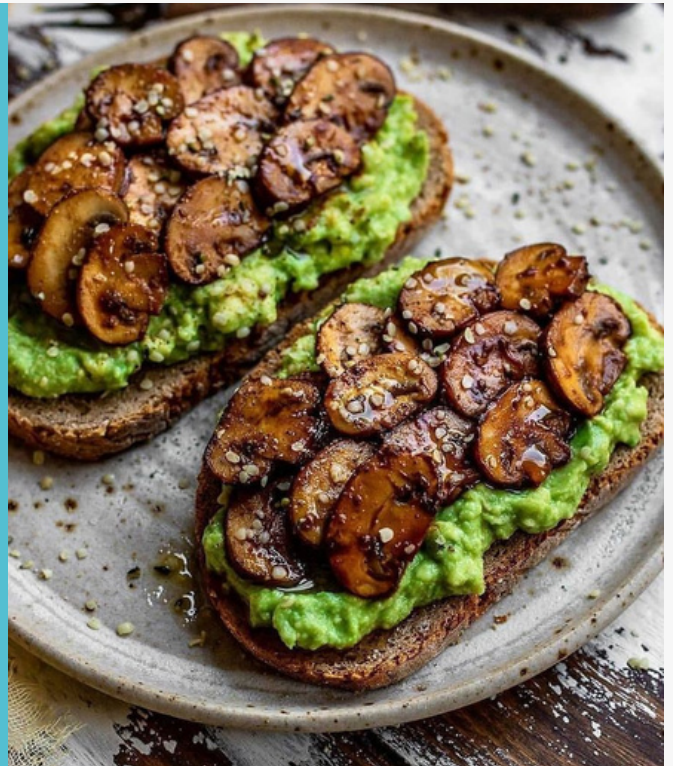
How To Make

1. Preheat the oven to 190C (conventional) and boil a jug of water.
2. Place the chicken in a small saucepan together with garlic, salt, celery, and bay leaf. Cover with boiling hot water and place over medium-low heat to simmer for 15 minutes. You can cover it with a lid but allow some steam to escape so it doesn't come to a full boil. Reduce the heat if needed. In the meantime, grate the carrots.
3. Once the chicken is done, strain the meat and the garlic through a sieve into a pot. You can reuse the broth in a soup. Cool the chicken slightly, then shred into strips and chop into small pieces. Chop the cooked garlic as well.
4. Combine the shredded and chopped chicken and garlic in a bowl. Add the cinnamon, salt, onions, and olive oil. When adding the grated carrot, squeeze it tightly over the chicken mixture to allow some of the juices out. This juice will help to bind the mixture and make it easier to mould into balls.
5. Using a pastry brush or your fingers, grease the bottom of the muffin/cupcake wrappers and place them on a flat baking tray/sheet pan. Shape 1-2 tablespoons of the mixture into a small ball/patty using your hands and add it to the wrapper. Press the patty down slightly. Continue with the rest of the mixture.
6. Place the tray with the muffins in the oven, middle shelf, and bake for 20 minutes. If your oven's heat is slightly uneven, rotate the tray halfway through. Once cooked, remove and allow to cool slightly. Store in an airtight container for up to 3 days in the fridge.

Tarragon and Garlic Mushrooms on rye bread with avocado and toasted seeds

INGREDIENTS:

- 145g mixed mushrooms
- 1 tsp chopped tarragon 1 clove garlic crushed
- 25g slivered almonds toasted
- 25g sunflower seeds toasted
- 50g pickled carrots (pickled in apple cider vinegar overnight)
- half avocado
- 25g 100% rye bread (1 slice)
- ½ lime 30ml Olive oil



How To Make

1. Chop mushrooms to the desired size, heat a frying pan and add oil. Add mushrooms and continue to stir until brown. Add tarragon and crushed garlic and cook through mushrooms, keep warm.
2. In another pan toast seeds (a dry pan is best). Place seeds aside till cooled. Keep the pan on the heat and add the half lime face down and sear till nicely caramelised.
3. Toast rye bread. Spread half the avocado on the rye and place on a plate. Top with mushrooms, sprinkle on the toasted seeds and place the pickled carrots on top of the mushrooms
4. Enjoy with a squeeze of charred lime.

Ratatouille

INGREDIENTS:

- 120g onion, finely chopped
- 2 garlic cloves, crushed
- 300g ripe tomatoes, cut into 2-3 cm pieces
- 100g capsicum, cut into 2-3 cm pieces
- 1 tbsp of mixed dried herbs (thyme, rosemary, marjoram, basil, parsley)
- Salt and pepper to taste
- 300g eggplant, cut into 2-3 cm pieces
- 200g zucchini, cut into 2-3 cm pieces



How To Make

Preparation during MB phase 2 without oil:

1. Place onion, garlic, tomatoes, capsicum, mixed herbs, and salt and pepper in a thick-based saucepan. Gently heat and simmer for 10-15 minutes.
2. Add in eggplant and zucchini and simmer gently for a further 12 minutes.

Preparation during MB phase 2 with oil:

1. Place 2 tbsp of cooking oil stated on your plan with onion and garlic in a thick-based saucepan. Gently sauté until soft – about 3-4 minutes ensuring that the onion does not brown.
2. Add tomatoes, capsicum, mixed herbs, and salt and pepper. Gently heat and simmer for 10-15 minutes.
3. Add in eggplant and zucchini and simmer gently for a further 12 minutes.

Calculation for amount of cooked ratatouille to eat per serving:

If you have used the exact measurements listed above, you will have used 1,020g of raw vegetables. Simply adjust this figure for what you used. Now weigh the whole batch of ratatouille at the end of cooking.

cooked Ratatouille serving:

= your raw serving size / total raw vegetables used x total weight of the final cooked batch

For example: If your plan states you can

have 150g of vegetables and the final weight of the cooked ratatouille was 900g

Your cooked serving size would be **150g/1020g x 900g = 132g**

So you would weigh out 132g of your cooked ratatouille batch to accompany the protein you are eating. Ratatouille works especially well with poultry, fish, beef and pork